



**SEPTEMBER TIP SAVINGS: Over \$480/YR**  
**Avoided Emissions of CO<sub>2</sub>: Over 500 lbs./YR**

## \$USTAINABILITY \$AVINGS TIP

### **ARE FOOD RECALLS RUINING YOUR APPETITE?**

***Food movements hope to improve health, the environment and community.***

Consumers are getting more accustomed to reading headlines about bacterial contamination of meats, but recent *E. coli* and *Salmonella* contamination in spinach, peanut butter and now another massive recall of eggs has many questioning our current food system. In reaction, many new food movements are emerging aimed at creating safer alternatives to some of the problematic practices of large agribusiness or factory farms. Such alternatives incorporate a common goal of improving consumer and environmental health. While there will always be a place for large farms who grow food responsibly, options are out there.

Being a **Locavore** is for those who pay attention to where their food comes from and commit to eating local foods as much as possible. The great thing about eating local is that it also supports small farmers in your area and makes you more conscious of your food's origin. Currently, more and more farmers markets are popping up as well as Community Supported Agriculture (CSA) memberships.

**Be more conscious of  
your food's origin.**

**Slow Food®** is an international movement trying to counteract the fast food and fast life associated with its consumption which is resulting in the disappearance of local food traditions. It strives to preserve traditional and regional cuisine by encouraging sustainable farming, small scale processing and celebrating local harvests.

If you're interested in growing your own food in a holistic fashion, you may want to look into a strategy called **Permaculture**, an approach that emphasizes natural homes and gardens that are resilient enough to sustain themselves. Permaculture promotes rainwater harvesting, edible landscaping, raising chickens, beekeeping and other self-sustaining practices.

### **CHECKLIST FOR SAVINGS**

- ☐ **To learn more** attend our September 11 *Living Green Workshop* titled **Permaculture: Sustainable Design and Living Ecologically**. For details, call (480) 644-4400 or visit [www.mesaaz.gov/sustainability](http://www.mesaaz.gov/sustainability).
- ☐ **Find books on living ecologically**, Permaculture, and growing your own food at City of Mesa Library. Visit [www.mesalibrary.org/research/links/living-green.aspx](http://www.mesalibrary.org/research/links/living-green.aspx) or call (480) 644-3306 for a copy.
- ☐ **Check out** our resources below for more information and how to support small, local farmers.

### **RESOURCES FOR MORE INFORMATION**

1. **Vegetable Gardening:** The U of AZ Maricopa County Extension has guides on vegetable gardening, soil prep and gardening seasons – (602) 827-8200 or visit [www.cals.arizona.edu/maricopa/garden/pubs](http://www.cals.arizona.edu/maricopa/garden/pubs).
2. **Farmers Markets:** The Arizona Community Farmers Markets Association provides a listing of all active markets – (623) 848-1234 or visit [www.arizonafarmersmarkets.com](http://www.arizonafarmersmarkets.com).
3. **Community Supported Agriculture (CSA) Membership:** Visit [www.localharvest.org](http://www.localharvest.org) to find a CSA near you.

### **\$START \$AVING**

Start eating better, while doing your part for *building a sustainable community*.  
For more sustainability savings tips, visit [www.mesaaz.gov/sustainability](http://www.mesaaz.gov/sustainability).

*Learn to live Green*